

January - February 2026



**NATICK**

# COMMUNITY SERVICES

**Council On Aging & Human Services**

# WELCOME

**508-647-6540**

[www.natickma.gov/626/council-on-aging](http://www.natickma.gov/626/council-on-aging)



## PRE-REGISTRATION IS REQUIRED FOR ALL PROGRAMS, EXCEPT FOR DROP-INS

You may register in-person at the center, online through our [ONLINE CATALOG](#), or by phone at 508-647-6540. We accept cash, credit cards (Visa, MasterCard, Discover), and check payment.

### OFFICE HOURS

Monday - Thursday 8:00am-5:00pm  
Friday 8:00am-2:30pm

### BUILDING HOURS

Monday - Thursday 8:00am-8:30pm  
Friday 8:00am-2:30pm  
Saturday 8:30am-12:30pm

### REGISTRATION BEGINS

For Natick residents - December 17 at 9:00am  
For non-residents - December 18 at 9:00am

### HOLIDAYS/BUILDING CLOSURES

January 1 - New Year's Day  
January 19 - Martin Luther King Jr. Day  
February 16 - Presidents' Day

At our Center, we're proud to foster a caring and inclusive community. We value diversity, kindness, and respect while offering programs and services that support people of all abilities, gender identities, races, religions, and ethnicities.

## Information & Policies

Our programs are open to all, with no age or residency restrictions unless noted. While we strive for accuracy, details may change after publication and programs may be added or canceled. Please call the front desk at 508-647-6540 to confirm information.

## Participant Photography Policy

The Natick COA occasionally photographs or records participants for promotional use. Unless you let us know otherwise, these images may be used in our materials.

## Cancellation Policy

We reserve the right to reschedule or modify classes as needed. If your program is cancelled, you will be notified.

## Financial Aid

Any Natick resident may request financial support to offset some or all of the fees associated with a program. Please contact **Debbie Budd** at **508-647-6543** for confidential assistance.

## Refund Policy

In an effort to continue to offer high-quality programs, we cannot offer refunds if you choose to withdraw from or not attend a program. Thank you for your understanding.

## Accommodations

If you are in need of an accommodation to be able to access our programs, please call Donna Tarutz at 508-647-6540 as soon as possible prior to the program.

## Inclement Weather

When Natick Public Schools are closed or delayed due to weather, all COA activities will be canceled until **1:00 PM**. A decision about afternoon and evening programs and rentals will be made by **11:00 AM**. For updates, call our weather hotline at **508-647-6400, ext. 1930**. For the most up-to-date information on cancellations, please check the regular school cancellation list on local TV stations or visit the Natick Public Schools website at [www.natickps.org](http://www.natickps.org). When school is not in session, watch the town website **[www.natickma.gov](http://www.natickma.gov)**.

## Staff Directory

**Angela Snell, CPRP**  
Director Community Services

**Rebecca Antinori**  
Receptionist

**Debbie Budd, LSW**  
Assistant Director - Services & Outreach

**Katie Carew**  
Outreach Coordinator

**Dave Caulfield**  
Transportation Coordinator

**Katie Farrar**  
Programming Assistant

**Tia Hoff**  
Business and Operations Manager

**Donna Tarutz, LCSW**  
Director of Council on Aging and Human Services

**Richard Ivas**  
Transportation Coordinator

**Mara Kalter**  
Receptionist

**Joan O'Dell**  
Case Manager

**Grace O'Donnell**  
Volunteer Services Manager

**Pat Russell**  
Receptionist

**Ana Vladimirov**  
Program Manager

## COA Officers & Board Members

**Saul Beaumont**  
Chair

**Sal Pandolfo**  
Vice Chair

**Jim Fitzgerald**  
Secretary

### Board Members

Laura Forker, Mark Frankel, Linda Jaffe, Fonda Mangino, Paula Panchuck, Jeanette Sewell, Debra Shaw, Mal Sockol

**Associate Members**  
Connie Pitt

*The Board typically meets the 2nd Monday of each month.*

This newsletter is published bimonthly. We also send a biweekly e-blast every other Friday with the most up-to-date information. Sign up here for our bi-weekly e-blasts: [www.natickma.gov/1049/Newsletter-Print-and-E-blast](http://www.natickma.gov/1049/Newsletter-Print-and-E-blast)

# ONGOING ACTIVITIES: Drop-In

Pre-registration is not required for Drop-In activities. Drop-In activities are free unless otherwise noted. Please check in at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym	8:00-8:45am Walking in Gym
8:00am-8:30pm Billiards	8:00am-8:30pm Billiards	8:00am-8:30pm Billiards	8:00am-8:30pm Billiards	8:00am-2:00pm Billiards
9:00am-12:00pm Poker	9:00am-12:00pm Canasta	9:00am-12:00pm Mahjong	9:00am-12:00pm Rummikub	9:00am-12:00pm Cribbage
12:15-1:00pm Walking in Gym	12:00-12:45pm Walking in Gym	10:30-11:30am Chair Volleyball	10:00am-12:00pm Portrait Painters**	12:15-2:15pm Open Gym Basketball***
1:00-4:00pm Pickleball*	1:00-4:00pm Mahjong	1:00-3:00pm Knitting & Crocheting	12:15-1:00pm Walking in Gym	<b>SATURDAY</b>
1:00-4:00pm Bridge	3:00-5:00pm Open Gym Basketball***	1:00-4:00pm Pickleball*	1:00-3:00pm Quilting	8:30am-12:30pm Billiards
1:00-4:00pm Scrabble		1:00-4:00pm Poker	1:00-4:00pm Ping Pong	
1:00-4:00pm Ping Pong	<b>Ping Pong Mondays: until Feb 2, back Apr 20</b>	4:00-4:45pm Walking in Gym	1:00-4:00pm Mahjong	
4:00-4:45pm Walking in Gym				

**Pickleball\* Must be a Natick resident**

Games are played on a first-come, first-served system. All levels are welcome. Balls are provided, but players must bring their own paddle.

**Portrait Painters\*\***

Clothed models sit weekly for this class. Attendees must bring their own materials. Any medium is welcome (no turpentine, please!). Cost is \$6/class to pay for the model.

**If you'd like to volunteer as a model, please email Grace Thorne at [gmarythorne@gmail.com](mailto:gmarythorne@gmail.com).**

**Open Gym Basketball\*\*\***

Must bring your own basketball.

## CSC FITNESS CENTER

Our fitness room features treadmills, bicycles, weights, and more. All new members must attend an orientation session to become acquainted with the equipment in order to activate your membership. A 6-month membership costs \$25 for ages 60+ and \$40 for ages 18-59.

**Fitness Room is CLOSED during fitness orientation sessions on JANUARY 13 and FEBRUARY 10 between 5:00pm - 7:00pm**

### FITNESS CENTER HOURS

MONDAY	8:00AM - 8:30PM
TUESDAY	8:00AM - 8:30PM
WEDNESDAY	8:00AM - 8:30PM
THURSDAY*	8:00AM - 8:30PM
FRIDAY	8:00AM - 2:30PM
SATURDAY	8:30AM - 12:30PM
SUNDAY	CLOSED

\* Fitness Room is CLOSED during fitness orientation sessions every Thursday from 12:00pm - 1:00pm

# EXERCISE CLASSES: Drop-In - \$3

No registration required. Please sign-in at the front desk upon arriving. We highly encourage you to save time and pay ahead by purchasing a [multi-exercise card](#)! Please note the following schedule is accurate at time of printing. Classes may be canceled due to inclement weather, instructor schedule changes, or other unforeseen issues. **Classes are typically 45 minutes long.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am <b>Zumba</b>	9:00am <b>Energy Healing Yoga</b>			
10:00am <b>Gentle Flow Yoga</b>	10:00am <b>Muscle Building</b>	10:00am <b>Energy Healing Yoga</b>	10:00am <b>Muscle Building</b>	10:00am <b>Chair Yoga</b>
10:00am <b>Stretch &amp; Roll</b>	11:00am <b>Muscle Building</b>	10:15am <b>Mat Pilates</b>	11:00am <b>Muscle Building</b>	11:00am <b>Sit &amp; Get Fit</b>
11:00am <b>Sit &amp; Get Fit</b>	1:00pm <b>Qigong</b>	11:30am <b>Chair Yoga</b>	1:30pm <b>Tai Chi</b>	

## CHAIR YOGA

Enjoy a holistic yoga practice mainly seated in a chair with the option to stand for a few poses. Practice includes breath work, range-of-motion movements and meditation.

## ENERGY HEALING YOGA

For All-Levels. The class taps into "Energy Healing" wisdom rooted in Chinese and Indian teachings. The movements, postures, tapping, and breathwork help us to optimize and heal the flow of energy within and beyond our bodies.

## GENTLE FLOW YOGA

Enjoy a yoga practice that includes breath work, joint-freeing warm ups, kneeling, seated and standing poses with modifications, guided meditation and relaxation. Ability to get up and down off the floor is required. Bring their own mat and strap; optional blanket/towel.

## MAT PILATES

The class will focus on a variety of mat exercises originally developed by Joseph Pilates to strengthen the core muscles, improve overall flexibility, maintain proper alignment, and support mind/body awareness. Participants will primarily use their body weight, while occasionally adding props to modify or intensify the exercises. Ability to get up and down off the floor is required. Please bring a mat and a long stretchy band (commonly known as a "Theraband").

## MUSCLE BUILDING

Join a trainer from the MetroWest YMCA for this dynamic and energetic class! Participants are asked to bring their own exercise band and 1, 2, or 3-pound hand weights. Class size is limited.

## QIGONG

Qigong is a practice of aligning movement, posture, and awareness for a better you. The class is designed for all ages and can be done sitting or standing.

## SIT & GET FIT

You will be primarily seated, or standing behind a chair to hold onto for balance. A combination of strengthening, cardio, balance and stretching brings us to a full body workout. Please bring your own 1, 2 or 3 pound weights, and your own loop exercise band. **No class January 23rd.**

## STRETCH AND ROLL

A manual therapy technique using foam rollers and tennis balls that focuses on releasing restrictions in the body to improve mobility, reduce pain, and enhance overall function. Please bring your foam roller and a band. Most of the class time is spent down on the mat.

## TAI CHI

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breathwork and meditation to help promote relaxation, healing and well-being. No prior experience necessary.

## ZUMBA

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

# EXERCISE CLASSES: Registration Required

Please note the following schedule is accurate at time of printing. Classes may be canceled due to inclement weather, instructor schedule changes, or other unforeseen issues. **Classes are typically 45 minutes long.**

**Drop-ins are available for \$7 per eligible class, this fee cannot be applied towards purchasing a full session.**

## DANCE CARDIO WITH SHAWN

**Fridays | January 2 - February 27 | 9:00 AM | \$45**

**Drop-in class is \$7 No class on February 20**

Boost your physical and mental well-being through dance! Join Shawn for a fun, structured class where you'll learn choreography to music from around the world.

Come move, smile, and feel great!



## POWER OVER PARKINSON'S

**Fridays | January 2 - February 27 | 12:00 PM | \$50**

This is a specialized class for 5 participants with a Parkinson's Disease diagnosis. It focuses on aerobic activity, muscle strengthening and flexibility. Exercise can help with symptoms of Parkinson's through consistent activity covered in this class. **No class on January 23rd.**

## STRENGTH & CORE FITNESS

**Mondays/Wednesdays | January 5 - February 25  
9:00 AM | \$70**

A moderate-to-advanced strength training class that works the major muscles in the body and challenges stability and endurance. There is a big focus on core strength. A post-workout stretch is included. Please bring bands!

## SCULPT & STRETCH

**Mondays | January 5 - February 23 | 12:00 PM | \$30**

This class is a moderate to advanced class with a combination of strengthening, cardio, balance and stretching for a full body workout. This exercise program requires participants to be able to transition smoothly to the ground.

## EXERCISE BASICS - HIP, KNEE, SPINE

**January 6 - January 29  
Tuesdays/Thursdays  
10:00 AM | \$40**

**February 10 - February 26  
Tuesdays/Thursdays  
10:00 AM | \$30**

This class will focus on spine and stomach strength, knee stability and hip mobility.

## BALANCE AND BRAIN

**January 6 - January 29  
Tuesdays/Thursdays | \$40  
Class#1: 9:00 AM  
Class#2: 11:00 AM**

**February 10 - February 26  
Tuesdays/Thursdays | \$30  
Class#1: 9:00 AM  
Class#2: 11:00 AM**

Movements will be executed from a chair and standing next to a chair. Each session will include optional exercises that can be done traveling across the floor and some will be performed only in your head. We will use a VARIETY of simple exercises that can be made challenging for every fitness level. Benefits may include improved function in memory, brain speed, executive thinking and cognition. This may also include faster reflexes, increased muscle coordination, improved poise and spatial awareness.

## DANCE FUSION

**Thursdays | January 8 - February 26 | 10:00 AM | \$40  
Drop-in class is \$7**

Dance Fusion is a concept of getting a cardio workout, and toning muscles, while enjoying it, to great Pop & Funk music you'll likely recognize. There's no experience necessary and no judgment. Just fun!

**No class on February 5th or February 12th.**

## BOLLY X - BOLLYWOOD DANCE INSPIRED WORKOUT

**Thursdays | January 8 - February 26 | 9:00 AM | \$40  
Drop-in class is \$7**

Purnima, our instructor, takes pride in making the magic of Bollywood accessible to people of all ages and abilities. With her youngest student at 3-years-old and oldest at 97 years young, she believes everyone can create joy and happiness through BollyX. We are eager to share the infectious positive energy along with all the benefits of dancing to BollyX.



## MONTHLY SPECIAL EVENT!

**Tuesday | January 13 | 2:15 PM | \$10  
Tuesday | February 17 | 2:15 PM | \$10**

Our line dance class, led by our amazing instructor **Lisa Abbascia**, is now a MONTHLY SPECIAL EVENT! Join us once a month for fun, beginner friendly dances, great music and an upbeat social atmosphere. Come dance, laugh, and enjoy time with friends - no partner needed!

Same fun, great energy, and wonderful group...just once a month-so mark your calendars and don't miss out!

# JANUARY 2026 PROGRAMS

**HYBRID** Programs are available in-person and online

Please note that we reserve the right to cancel classes that do not meet minimum participation requirement

## STILL LIFE DRAWING

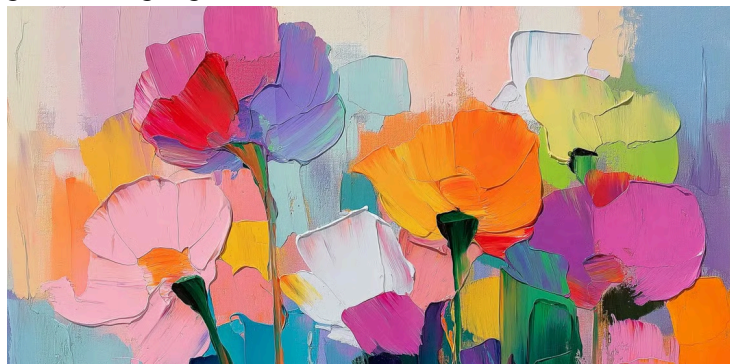
**Fridays | January 2 - February 27 | 10:00 AM | \$50**

In this beginners class, students will be introduced to life drawing (drawing from observation of real world objects). Emphasis will be placed on realistic perspective, lighting and composition. The class will include instructor demonstrations of all lessons. Lessons will be carefully prepared to allow for progression towards more complex compositions. List of supplies given during registration.

## ACRYLIC PAINTING

**Fridays | January 2 - February 27 | 12:15 PM | \$65**

You will learn about composition, light and shadow, and other key visual concepts while also learning how to mix colors, apply paint to different surfaces, and create texture and depth that will help in creating dynamic and engaging works of art. No experience is necessary. List of supplies given during registration.



## COMMUNITY REIKI EXPERIENCE

**Mondays | January 5, 12, 26 | February 2, 9, 23  
11:00 AM | \$10**

Relax into Reiki energy as you sit comfortably in a chair where you'll experience increased mindfulness, a strengthened immune system, and a gentle detoxification process. This class offers a calming, supportive environment to rejuvenate your body and mind. **Registration required for each class.**

## WORLD TRAVELS WITH SOPHIA - Alaska

**Monday | January 5 | 1:00 PM**

A winter adventure to the gorgeous state of Alaska. Join Sophia on a photographic journey of her road trip from Anchorage to Fairbanks and beyond. Dog sledding, the Northern Lights, Denali National Park, moose, the North Pole, and a lot of snow. You don't want to miss out!



## TECH WORKSHOP WITH NATICK HIGH'S ROBOTICS CLUB

**Monday | January 5 | 3:00 PM**

Struggling with your computer or device? Join our in-person technology workshop led by students from the Natick High School Robotics Club. This one-hour session offers simple, helpful guidance for older adults using their own technology. **Please bring your device.** Space is limited, so pre-registration is required!

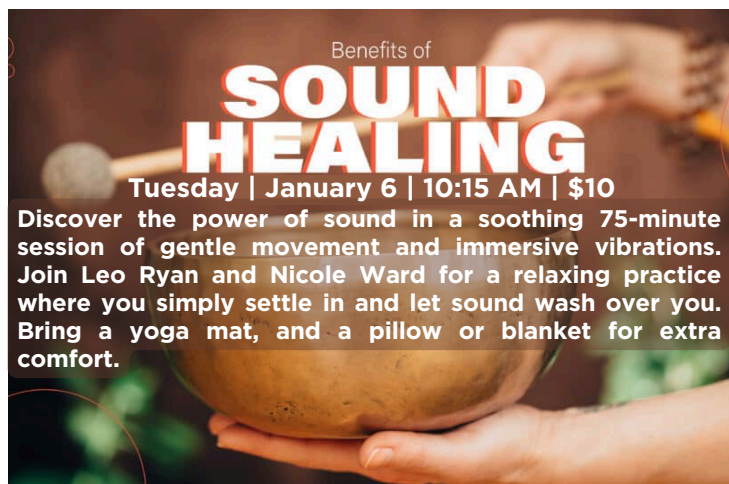
## WINTER SOWING

**Tuesday | January 6 | 10:00 AM | \$15**

Learn how to grow plants through the winter by creating your own winter sowing jug using a recycled milk jug, potting soil, and seeds. In this hands-on workshop, all supplies are provided, and you'll select one seed packet to use. You'll receive guidance on setting up your jug in a sunny but protected spot and caring for it throughout the season. By late spring, you could have extra seedlings ready to plant in your garden or share with friends!



- Learn the techniques
- All supplies are provided



## WONDRUM - HYBRID

**Tuesdays | January 6 - February 24 | 11:00 AM**

### The Wisdom of History

**Jan 6** - Why We Study History; World War I and the Lessons of History.

**Jan 13** - Hitler's Rise and the Lessons of History; Is Freedom a Universal Value?

**Jan 20** - Birth of Civilization in the Middle East; The Trojan War and the Middle East.

**Jan 27** - Ancient Israel and the Middle East; Ancient Greece and the Middle East.

**Feb 3** - Athenian Democracy and Empire; The Destiny of the Athenian Democracy.

**Feb 10** - Alexander the Great and the Middle East; The Roman Republic as Superpower.

**Feb 17** - Rome of the Caesars as Superpower; Rome and the Middle East.

**Feb 24** - Why the Roman Empire fell; Christianity.

## **PAINTING WITH WATERCOLOR INSPIRED BY NATURE**

**Tuesday | January 6 - February 24 | 3:30 PM | \$70**

This watercolor class welcomes students and artists of all experience levels. Join a supportive community where participants share their challenges and successes, and receive honest, constructive feedback from an experienced instructor to help you grow your skills. [LINK](#) to supply list. CSC has brushes available. **No class February 17.**

## **LUNCH TOGETHER**

**Wednesday | January 7 | 12:00 PM | \$7**

Enjoy great food and friendly conversation! For lunch we will have a tuna melt—white tuna tossed with red onions and celery all melted with cheddar cheese—plus dessert. Dine-in only. Lunch provided by Fresscafe.

## **MINDFUL LIVING & MEDITATION**

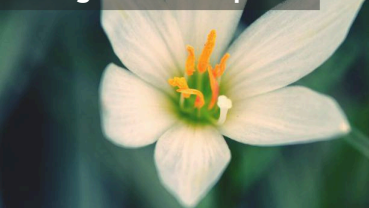
**Thursdays | January 8 - February 26 | 11:00 AM**

**This is a drop-in class | \$5 per session**

Instructor Lisa Campbell, a professional meditation and mindfulness coach, offers weekly sessions that combine mindful awareness practices, breathing techniques and meditations. Transform your life to be healthier, happier and

**more peaceful as you actively work through tension and anxiety and nurture a positive mindset.**

**No registration required.**



**Mindfulness:  
The Art of Living**

## **SPANISH IS IN THE AIR!**

**Thursdays | January 8 - February 26 | 11:30 AM | \$40**

Join our beginner Spanish class where no experience is needed and learning is fun and relaxed. By the end, you'll feel confident making small talk in Spanish, all in a friendly, supportive environment. For the final class, you'll even get to practice your new skills at a local restaurant!

## **FEATURE FILM**

**Thursday | January 8 | 1:00 PM**

Amid the glittering casinos of Macau, a gambler running from his past -- and his debts -- becomes fascinated by an enigmatic woman at the baccarat table.

\*Due to licensing agreements, the title and character names may only be used in internal advertisements within our building. Please call for the title.

## **UKULELE LESSONS II**

**Fridays | January 9 - February 27 | 10:00 AM | \$57**

This is an intermediate class designed for players who have mastered the basics of ukulele playing. In this class, students will enhance their rhythm skills and learn how to play chord progressions. Students need to bring their own instrument. Class is limited to 10 people.



## **OPERA & MUSIC APPRECIATION**

**Fridays | January 9 - February 27 | 10:30 AM | \$65**

Join award-winning artist Ron Williams as he guides us through symphonies, jazz, and world music. A familiar face to opera and concert audiences across New England, Ron made his Boston Lyric Opera debut in 1992 after touring opera houses throughout Europe.

## **GUITAR LESSONS II**

**Fridays | January 9 - February 27 | 11:00 AM | \$57**

This is an intermediate class designed for players who have mastered the basics of guitar playing. Join Memo Rubio, musician, singer, composer and producer for some fun instruction. Students need to bring their own instrument. Class is limited to 10 people.

## **LIVE VIRTUAL TOUR**

**Monday | January 12 | 9:30 AM**

# Berlin



Explore with us: Wander through the city's famous landmarks and tucked-away treasures on this engaging guided walking tour. Together, we'll dive into Berlin's rich history as we visit the storied Reichstag, pass through the iconic Brandenburg Gate, and pause at the moving Holocaust Memorial—a solemn tribute to the victims of the Holocaust, and discover more about the German capital's history.

## **BINGO**

**Monday | January 12 | 1:00 PM**

Have a blast at Bingo, a drop-in activity open to all! Join us for a fun time! 6 cards and 10 games for \$4. Sponsored by the Friends of the Natick Senior Center.

## **THE THIRD ACT COLLABORATIVE**

**Monday | January 12 - April 27 | 1:00 PM | \$20**

A community for women (and those who identify as women) 55+ who want to shape their Third Act through courageous conversations and honest exploration of aging, relationships, and meaningful connection. Transform fear, discomfort, and limiting beliefs into self-awareness, confidence, and clarity. This program meets monthly, beginning Monday, January 12, and then on the fourth Monday of February through April.

## **HOME SAFETY WORKSHOP - Fall Prevention Tips to Keep You Safe at Home**

**Tuesday | January 13 | 11:00 AM**

Small changes can make a big difference. Join staff from Mary Ann Morse for a fast, practical session packed with smart, simple ways to reduce fall risks, make your living space safer, and avoid unnecessary hospital visits. Leave with tips for feeling safer, steadier and more confident at home. Presented in partnership with Mary Ann Morse Home Care.

## GENERAL PRECAUTIONS AND EMERGENCY PREPAREDNESS

Wednesday | January 14 | 12:30 PM



Join Tanya Quigley-Boylan, Fire Inspector for the Natick Fire Department, for an important presentation on general safety and emergency preparedness for seniors. This session will cover essential topics such as when and how to call 911, File of Life information packets, the importance of smoke and carbon monoxide detectors in your home, fire extinguisher usage, and general steps to take in various emergency situations. We'll also be joined by Deputy Chief Chris Hampton and Louie, the therapy dog! This presentation is designed to provide valuable information to help you feel more confident and prepared.

## LOCAL HIKES - Noanet Peak - Dover

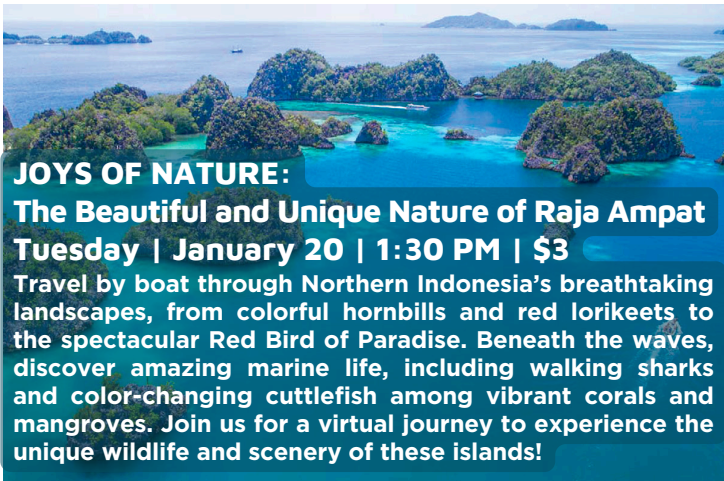
Thursday | January 15 | 10:00 AM

Following trails that start in Caryl Park (just beyond the soccer fields) we will summit Noanet Peak and explore the Noanet Woodlands (Trustees of Reservations).

## MAKING CENTS OF ASSISTED LIVING PRICING

Thursday | January 15 | 11:00 AM

We hear it all the time: Why is assisted living so expensive - and what are we really paying for? The truth is senior living pricing can feel like decoding the world's most confusing menu. In this workshop, we'll cut through the jargon and explain the basics in plain English. You will walk away with clarity, the right questions to ask, and a one-page guide you can use.



## JOYS OF NATURE:

### The Beautiful and Unique Nature of Raja Ampat

Tuesday | January 20 | 1:30 PM | \$3

Travel by boat through Northern Indonesia's breathtaking landscapes, from colorful hornbills and red lorikeets to the spectacular Red Bird of Paradise. Beneath the waves, discover amazing marine life, including walking sharks and color-changing cuttlefish among vibrant corals and mangroves. Join us for a virtual journey to experience the unique wildlife and scenery of these islands!

## EVERYTHING YOU EVER WANTED TO KNOW ABOUT HEARING & HEARING LOSS

Wednesday | January 21 | 10:00 AM

Dr. Lydia Colon of the Learning Center for the Deaf Audiology Clinic will present a comprehensive overview of how our hearing works and how to manage hearing loss. This is a great opportunity to learn more about the mechanics of hearing, identify signs of hearing difficulty in your day to day life, and the resources and/or technology available to help.

## LUNCH TOGETHER

Wednesday | January 21 | 12:00 PM | \$7

The lunch will be chicken Alexis - sauteed chicken medallions with chopped tomatoes, roasted red peppers, garlic white wine sauce topped with feta cheese over angel hair pasta served with dessert. Dine-in meals only. Lunch provided by Morse Tavern.

## DIGITAL CONFIDENCE

Wednesday | January 21 | 1:00 PM

This program will help you build confidence using your phone, tablet, or other everyday devices. We'll cover essential topics like staying safe online, understanding apps, taking and organizing photos, and using your device to stay connected with others. The presentation is simple, supportive, and designed to help you feel more in control, more independent, and more comfortable with everyday technology.



## CULTURALLY CURIOUS - HYBRID

### American Art at 250: Masterworks of a Nation

Wednesday | January 21 | 1:30 PM

Explore 250 years of American art—from Hudson River School landscapes to Abstract Expressionism. Through iconic works by artists such as Edward Hopper, Georgia O'Keeffe, Jackson Pollock, and Jean-Michel Basquiat, discover how American artists have shaped and reinvented our visual culture on the world stage.

## LOCAL HIKES - Ashland Town Forest

Thursday | January 22 | 10:00 AM

We will hike for 5 miles through the Ashland Town Forest and Cowassock Woods meaning "place of the pines". Rocky granite outcroppings, former quarry sites, streams and a hidden cave can be found here.

**CARE STARTS HERE: HOME, HEALTH & THE GUT -  
A WELLNESS TALK WITH TASTY SMOOTHIE SIPS**

**Thursday | January 22 | 11:00 AM**

Join Holli Bassin, Functional Medicine Health Coach, and Vikki Levine, Client Service Director at Ezra Home Care, for an uplifting discussion on the powerful link between gut health, overall well-being, and the value of support at home. Learn how simple lifestyle shifts—nutrition, mindset, and personalized care—can boost energy, promote healthy aging, and support independence. Enjoy tasty smoothie samples while discovering how gut-friendly habits and compassionate home care work together to foster a vibrant, dignified life.

**FEATURE FILM**

**Wednesday | January 28 | 1:00 PM**

She wants to explore the world and he prefers to stay home with a good book, but somehow they are the very best of friends. They live far apart, but for a decade they have spent one week of summer vacation together.

\*Due to licensing agreements, the title and character names may only be used in internal advertisements within our building. Please call for the title.

**ALL ABOUT CHANGING YOUR HABITS**

**Wednesday | January 28 | 2:00 PM | \$5**

Come to this interactive workshop to learn the neuroscience and psychology of habit formation and change. Explore your own habit loops and learn some strategies to try to make changes. The focus will be on building awareness, curiosity and compassion around behavior patterns.

**HEARING SCREENING**

**Thursday | January 29 | 9:00 AM**

Audiologists from the Learning Center for the Deaf (TLC) will be offering 15-minute hearing screenings. A hearing screening is a quick test to see how well you hear different sounds. You will be presented with various tones and will need to respond if you hear them. If you pass the screening, no further action is needed. If you refer after your screening, you may need more testing to identify if you are experiencing hearing loss.

**HEATING ASSISTANCE PROGRAMS**

The Home Energy Assistance Program (HEAP) can provide financial assistance toward your winter season heating bill as well as a discounted rate on your electricity, as long as you meet the income guidelines and provide the necessary documentation. If approved for heating assistance, you may also qualify for weatherization, appliance management, and /or heating system repairs or replacement. If you are over income for the HEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). Please call Information & Referral at **508-647-6519** for income guidelines or with any questions about heating assistance or to schedule an appointment to complete an application.

# Memory Café

The Meaningful Connections Memory Cafe is a welcoming social gathering designed specifically for people living with dementia and their care partners. The focus is on connecting with others who understand your experiences, enjoyment and reducing isolation. This program is offered at no cost to participants.

**Thursday | January 15**

**11:30 AM**

Steve Randolph will be January's entertainment, playing hits from the 40s, 50s and 60s. A light lunch will follow the performance.

Please call **Katie Carew** at **508-647-6540** to learn more or to register by Monday, January 12th.

**Thursday | February 19**

**11:30 AM**

February's entertainment is the Retro Polatin Duo who will perform songs by artists of the rock & roll era. A light lunch will follow the performance.

Please call **Katie Carew** at **508-647-6540** to learn more or to register by Friday, February 13th.



# EVENING PROGRAMS

## PAINTING WITH WATERCOLOR INSPIRED BY NATURE

**Tuesday | January 6 - February 24 | 4:55 PM | \$70**

This watercolor class welcomes students and artists of all experience levels. Join a supportive community where participants share their challenges and successes, and receive honest, constructive feedback from an experienced instructor to help you grow your skills. [LINK](#) to supply list. CSC has brushes available. **No class February 17.**



## TAP DANCE CLASSES

**Tuesday | January 13 - February 24 | \$80**

**Advanced level - 4:00 PM**

**Intermediate level - 5:00 PM**

Our Tap Class hones musicality, precision, and performance while keeping the energy high. Lace up your shoes, bring your passion, and let's dance! **Students must purchase tap shoes in advance.**

## THE JOY OF ART WITH LISA

**Wednesday | January 7 - February 25 | 4:30 PM | \$40**

Come relax and escape with Lisa and discover the artist within you. This class will allow you to create fun and easy projects that even a beginner will enjoy. Every week we will have a new piece of art. Most supplies will be provided, but please purchase an acrylic paint set, mixing palette and an apron if you choose.



## PLAY UKULELE

**Wednesday | January 7 - February 25 | 4:00 PM | \$40**

Join us to play the ukulele and sing. Ukulele is a fun, affordable, and easy-to-learn instrument! Beginner ukulele players can quickly get the hang of it. Music will be provided in advance. **Please bring your own ukulele.**

## ESSETRICS

**Thursday | January 8 - February 26 | 5:30 PM | \$80**

The Essentrics Workout aims to create a balanced body where strength supports, rather than restricts, your movement. This dynamic method blends strengthening and stretching to build a strong, toned body with full mobility in every joint and muscle. Join Julie Ferrari, Certified ESSETRICS® Instructor, for this one-of-a-kind class—she's one of only a limited number of certified instructors in Massachusetts!



## SOUND HEALING

**Thursday | January 15 | 7:00 PM | \$20**

**Thursday | February 19 | 7:00 PM | \$20**

Experience a 75-minute session of gentle movement and restorative sound immersion with Leo Ryan and Nicole Ward. Settle onto your mat, relax, and let the waves of sound unwind your body and mind. Bring a mat, plus a pillow or blanket if you'd like added comfort.



## DANCE CARDIO WITH SHAWN

**Wednesday | January 7 - February 25 | 5:30 PM | \$70**

Dance your way to better physical and mental health. Structured dance classes can lead to improvements in areas such as emotional well-being, depression levels, motivation, social cognition and memory! So come join Shawn in this 50 min class and learn choreography from songs from all over the world. **No class on February 18th.**

# FEBRUARY 2026 PROGRAMS

**HYBRID** Programs are available in-person and online

Please note that we reserve the right to cancel classes that do not meet minimum participation requirement

## **WORLD TRAVELS WITH SOPHIA - Copenhagen/Amsterdam/Cologne Monday | February 2 | 1:00 PM**

Canals, cathedrals, clogs, oh my! Join Sophia on a photographic journey on her trip through four European countries, the Netherlands, Denmark, Sweden, and Germany. Explore the rich history, detailed architecture, and beautiful flowers all along the way.



## **TECH WORKSHOP WITH NATICK HIGH'S ROBOTICS CLUB Monday | February 2 | 3:00 PM**

Struggling with your computer or device? Join our in-person technology workshop led by students from the Natick High School Robotics Club. This one-hour session offers simple, helpful guidance for older adults using their own technology. **Please bring your device.** Space is limited, so pre-registration is required!

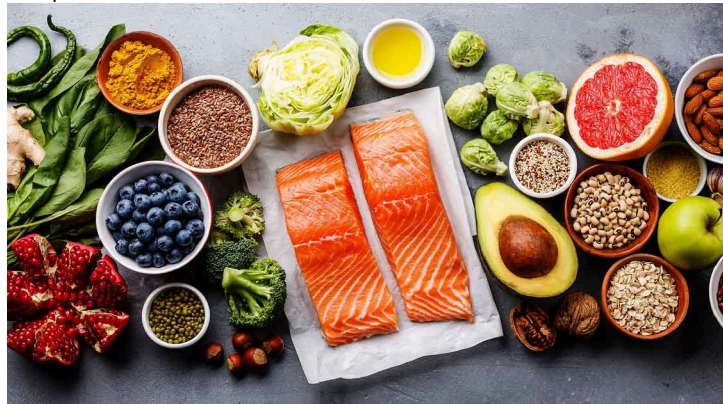
## **SHARP MIND, STRONG HEART - Practical Strategies for Lifelong Health Tuesday | February 3 | 11:00 AM**

This 90 minute workshop directly addresses the top health concerns of seniors — Cardiovascular Disease (the #1 killer) and Cognitive Decline (MCI & Alzheimer's). It offers practical, actionable steps for both brain and heart health. This program is a collaboration with COA, Human Services and Morse Institute Library.



## **MEDITERRANEAN DIET MADE EASY Tuesday | February 3 | 1:00 PM | \$12**

Proven to help prevent cancer, heart disease, and diabetes, the Mediterranean Diet is the foundation of healthy eating—and it tastes amazing! Learn how to follow the diet, enjoy healthy meals, and try some fantastic recipes. Perfect for anyone looking to eat well and savor every bite—come and sample it!



## **LUNCH TOGETHER**

### **Wednesday | February 4 | 12:00 PM | \$7**

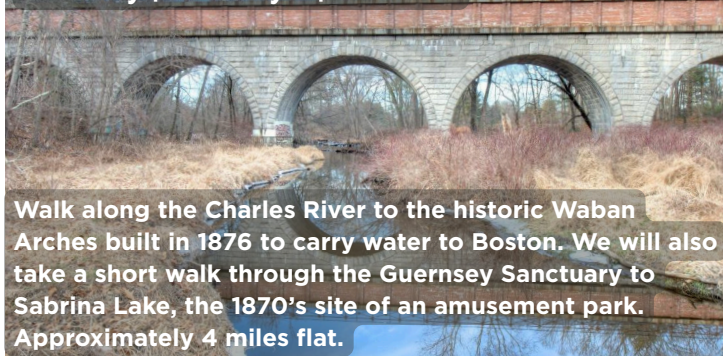
Lunch served will be a Fress Panini - grilled chicken, mozzarella, red onions, spinach, tomatoes and spicy mustard or BBQ sauce served with dessert. These are dine-in meals only. Lunch provided by Fresscafe.

## **HEARING SCREENING**

### **Wednesday | February 4 | 1:00 PM**

Audiologists from the Learning Center for the Deaf (TLC) will be offering 15-minute hearing screenings. A hearing screening is a quick test to see how well you hear different sounds. You will be presented with various tones and will need to respond if you hear them. If you pass the screening, no further action is needed. If you refer after your screening, you may need more testing to identify if you are experiencing hearing loss.

## **LOCAL HIKES - Sabrina Lake, Wellesley Thursday | February 5 | 10:00 AM**



# AARP

## Tax-Aide

### AARP TAX PREPARATION

**Mondays & Thursdays | February 9 - April 6**

Do you need help preparing your taxes? IRS trained and certified AARP tax volunteers will be available (by appointment only) to prepare your 2025 Federal and State Income Tax returns beginning on February 9th. There is no cost for this service. The program is designed to assist all people of low to middle income with special attention given to those age 60 and older. Prior to your appointment, you will receive a list of the documentation you will be asked to bring to your appointment, as it will be needed to complete your tax return. Please call to schedule your appointment.

### BINGO

**Monday | February 9 | 1:00 PM**

Have a blast at Bingo, a drop-in activity open to all! Join us for a fun time! 6 cards and 10 games for \$4. Sponsored by the Friends of the Natick Senior Center.

### SOUND HEALING

**Tuesday | February 10 | 10:15 AM | \$10**

Discover the power of sound in a soothing 75-minute session of gentle movement and immersive vibrations. Join Leo Ryan and Nicole Ward for a relaxing practice where you simply settle in and let sound wash over you. **Bring a yoga mat, and a pillow or blanket for extra comfort.**

### EVERY BITE COUNTS: Why Safe Swallowing Is Important

**Tuesday | February 10 | 11:00 AM**

Join us for an informative session on the importance of safe swallowing and how it impacts overall health and well-being. Learn from a licensed Speech Pathologist about how speech therapy supports swallow function, why proper nutrition matters, and the signs that it may be time to seek help for swallowing difficulties. This helpful, engaging talk offers practical tips to stay safe, nourished and confident at mealtimes. Presented in partnership with Mary Ann Morse Home Care.

### JOYS OF NATURE - Madagascar's Rainforest: Home of the Singing Indri

**Tuesday | February 10 | 1:30 PM | \$3**

From singing indri lemurs and leaping diademed sifakas to cryptic chameleons and rare nocturnal birds, Madagascar's rainforests are full of surprises. In the Ankanin'ny Nofy

reserve, you might even spot the elusive Aye-Aye, the world's largest nocturnal primate. Join us to discover the sights and sounds of this incredible island!



### LOVE NOTES:

#### Valentine's Day celebration

**Wednesday | February 11 | 1:00 PM**

Join pianist David Sparr for a special Valentine's Day concert celebrating classic love songs from the golden era of American popular music.

Through heartfelt performances and engaging commentary, David brings to life the romantic ballads and timeless standards that defined the era's sound. He'll also share unique, memorable, and funny stories from the musical world of that time, offering an intimate glimpse into the culture behind the music.

### LUNCH TOGETHER

**Wednesday | February 18 | 12:00 PM | \$7**

Make new friends and catch up with old ones while enjoying great food and conversation. Lunch served will be homemade meatloaf topped with brown gravy & mashed potatoes served with dessert. These are dine-in meals only. Lunch provided by Fresscafe.

### FEATURE FILM

**Wednesday | February 19 | 1:00 PM**

The plot centers on a love triangle involving a matchmaker, her perfect match, and her imperfect ex. [\\*Due to licensing agreements, the title and character names may only be used in internal advertisements within our building. Please call for the title.](#)



### MORSE MOBILE DIGITAL HELP

**Monday | February 23 | 11:00 - 1:00 PM**

Sign up for a 20-minute one-on-one session with a Morse Institute Librarian for help with your smartphone, tablet, or other devices. Bring your questions—and your devices—and we'll work through them together. While you're here, browse a small selection of books from the Morse Institute Library's Bookmobile. You can even borrow a book on the spot with your library card, saving you a trip to the library! **Registration is required for each 20-minute appointment.**



**CULTURALLY CURIOUS -HYBRID**

**The People's Painter: Jacob Lawrence and the Black American Experience**

**Wednesday | February 18 | 1:30 PM**

Jacob Lawrence's bold compositions and vibrant tempera colors transformed American art by powerfully depicting the African American experience—from his landmark Migration Series to his lively portrayals of Harlem. With flattened figures, rhythmic patterns, and rich hues, he created a unique visual language that captured both struggle and resilience. This program explores his storytelling, his ties to the Harlem Renaissance, and how he redefined whose stories American art could tell.

**MANAGING LIFE TRANSITIONS**

**Wednesday | February 18 | 2:00 PM | \$5**

Come to this interactive workshop to learn to recognize, process and regulate strong emotions that can be a part of experiencing changes in our life. Perfect for anyone facing career transitions, relocations, life changes or simply wanting to build emotional resilience.



The Christian and the Armenian quarters in Jerusalem. In a one hour live streaming tour we will visit parts of the two quarters. The Franciscans as the Custodians of the Holy Land, the Latin Patriarch or the Ambassador of the Vatican to the Holy Land and Jerusalem's Santa Claus. In the Armenian quarter : the yard of St. James cathedral and the connection to Spain, the Monument for the Armenian Holocaust and a taste of Jerusalem Armenian art.

# THANK YOU VOLUNTEERS!

## THANK YOU LEAF RAKERS!

The Natick Community Services Department is grateful to all the individual volunteers and groups that cleared leaves from the yards of seniors in the month of November: **Achieve Program, Avitzur Family, Andres Chan, Richard Charles, Jayden Chow, Boy Scouts Troop 1775, Cub Scouts Pack 7, Cub Scouts Pack 40, Girl Scouts Troop 70621, H & H Landscaping, Hnatyshyn Family, Mitsubishi Electric, Natick Travel Basketball-multiple teams, New Life Ministry-Hopkinton, Felipe Quintero, Rivers School!** A few of volunteer groups are pictured below:



# ONGOING SERVICES

## OFFICE HOURS WITH STATE REPRESENTATIVE

### DAVID P. LINSKY

**1st Monday of each month | 10:00 AM**

Please join Representative David P. Linsky. All residents of Natick are welcome to stop by and share their thoughts and/or concerns. Feel free to drop by - no appointment is necessary.

## MEET WITH A REPRESENTATIVE FROM CONGRESSWOMAN CLARK'S OFFICE

**4th Tuesday of each month | 4:00 - 5:00 PM**

A representative from Congresswoman Katherine Clark's office will be holding office hours at the Community Senior Center. Residents, especially **our valued veterans** and their families are encouraged to attend these office hours to discuss veteran benefits and services. No registration required.

## METROWEST LEGAL SERVICES

**Monday | January 26 | 3:00 PM**

MetroWest Legal Services is scheduling 20 minute appointments for consultations for free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations, consumer and bankruptcy.

## PODIATRY CLINIC

**3rd Tuesday of each month | 9:00 AM | \$45**

Call to schedule your 15 minute podiatry appointment with Dr. Clayman. Beginning this month, your payment of \$45 will be required at the time of registration, and is non-refundable in the event you are unable to make the appointment.

## ELLENBOGEN VIBRANT CENTER

**Tuesdays & Fridays | 10:00 AM**

The Ellenbogen Center is available for blind or low vision individuals who are not eligible for assistive technology (AT) through standard state-funded programs. This free service is available by appointment by calling **Jerry Feliz**, AT Coordinator, at **857-443-6636**.

## LOW VISION SUPPORT GROUP - HYBRID

The Low Vision Support group is for individuals who are losing their vision, who would like to gain information from speakers and share common experiences. The group meets in person on a monthly basis at the Natick Community Senior Center and also includes the option to join remotely by Zoom. Please contact **Laurie Werle**, at the MA Association for the Blind and Visually Impaired, **617-926-4268** for information and to join. Sponsored by the MA Association for the Blind and Visually Impaired.

## BEREAVEMENT SUPPORT GROUP

**1st and 3rd Tuesday of each month | 11:00 AM**

This support group is facilitated by Malka Young, LICSW, of Jewish Family Services of MetroWest. The groups that meet on the **3rd Tuesday will be hybrid** - available in person, as well as on Zoom. Please contact **Katie Carew** at **508-647-6540, ext. 1908** if you would like the Zoom link.

## CAREGIVER SUPPORT GROUP

**2nd Thursday of each month | 2:00 PM**

Are you caring for a family member or friend with a chronic illness or disability and interested in joining a caregiver support group? Our caregiver support group will offer mutual support, shared experiences and resources. Please call **Debbie Budd** at **508-647-6543** with questions.

## WELLNESS VISIT AND BLOOD PRESSURE CLINIC

**2nd and 4th Thursday of each month | 8:45 AM**

Heidi Harper, the Town of Natick's Public Health Nurse, will be available for blood pressure checks. Registration is not required, but please check in at the reception desk upon your arrival.

## ASK AN ATTORNEY

**Check online or call for available appointments**

Attorney Samantha Gentel of Generations Law Group and Attorney Julie Ladimer of Ladimer Law, both Elder Law Attorneys, are available once a month for 15 minute telephone consultations to answer your legal questions. Call the CSC to schedule your free, private telephone appointment.

## SELECT BOARD OFFICE HOURS AT THE NATICK

### COMMUNITY SENIOR CENTER

**4th Thursday of each month | 9:00 AM**

Meet with one of our Select Board members to discuss issues of importance to you. Feel free to stop by - no appointment necessary.

## SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

**Mondays & Wednesdays**

Trained SHINE (Serving Health Information Needs of Everyone) counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. They are available in person, by appointment, at the Community Senior Center on Mondays and Wednesdays. Telephone appointments are also available. Please call to schedule your appointment or register online.

## CAN I STILL CHANGE MY MEDICARE PLAN?

Even though **Medicare's Open Enrollment** Period in the Fall has ended, you may still be able to change plans during 2026. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year. Medicare Advantage Open Enrollment: If you are in a **Medicare Advantage (HMO or PPO)** plan, a change can be made from January 1 through the end of March. For **Prescription Advantage** members or those on the **Medicare Savings Program**: You **may** be able to change your Medicare Advantage plan or drug plan during the year. Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options, SHINE counselors are available year round to assist Medicare beneficiaries.

## NATICK INFORMATION AND REFERRAL LINE 508-647-6519

Our Information & Referral specialist will take the time to understand your questions and will refer you to the services, benefits and programs that will meet your needs, such as access to health care, disability services, food assistance programs, hoarding support, legal assistance, mental health services, transportation and more. Please call us at **508-647-6519** for an assessment of your needs.

# TRANSPORTATION

The following transportation services are available for Natick residents.

## TAXI RIDES TO MEDICAL APPOINTMENTS

Natick Human Services will schedule a taxi for residents needing a ride to medical appointments located outside of MetroWest, which is not serviced by the Natick Connector. Residents may schedule up to two round trips per month, based on the availability of the taxi company, between the hours of 8:00 a.m. and 4:30 p.m., Monday thru Friday. There is currently no charge for this service. Scheduling a taxi ride begins the third Monday of the month for the following month, and at least five business days in advance of the appointment. Please call **Katie Carew** at **508-647-6540, ext. 1908** to schedule your ride.

## MASSHEALTH

MassHealth members may be eligible for non-emergency transportation to and from covered medical appointments. Call **800-841-2900** to schedule your ride.

## NATICK CONNECTOR

The Natick Connector offers door-to-door transportation for Natick seniors and residents with disabilities who need local transportation to medical appointments, grocery shopping and other personal needs. The Connector, which operates Monday through Friday from 9:00 a.m. - 4:00 p.m., travels within Natick, Framingham, Wellesley, Wayland, Sherborn, the Market Basket in Ashland and to Newton Wellesley Hospital. Call the **MWRTA** at **508-820-4650** to set up an account and schedule a ride.

## MWRTA CATCH CONNECT

On-demand, door-to-door transportation is available within Natick and Framingham on Saturdays & Sundays from 8:00 a.m. to 6:00 p.m.; and in the evening Monday through Friday, 7:30 p.m. - 10:00 p.m. As well as from the Natick Community Senior Center to any location within Wellesley and to Newton Wellesley Hospital, Monday - Friday from 6:45 a.m. to 8:45 p.m. Rides may be scheduled by using the **MWRTA Catch App** on your device or by calling the MWRTA at **508-283-5083**.

## MWRTA BOSTON HOSPITAL SHUTTLE

Door-to-door service, from 8:30 a.m. to 6:00 p.m., Tuesdays, Wednesdays and Thursdays to several Boston hospitals. Call the MWRTA, 508-935-2225, to register and set up a fare account.

## MWRTA RIDE

Paratransit door to door, shared transportation for those with temporary or permanent disability who cannot drive or use bus service. Call the **MWRTA** at **508-935-2222** or the **Natick Information & Referral Line** at **508-647-6519**, for an application or assistance.

## SPRINGWELL

Clients may be eligible for transportation to medical appointments. Call your case manager at **617-926-4100** to discuss options.

**FOR MORE INFORMATION PLEASE CALL THE INFORMATION & REFERRAL LINE AT 508-647-6519**



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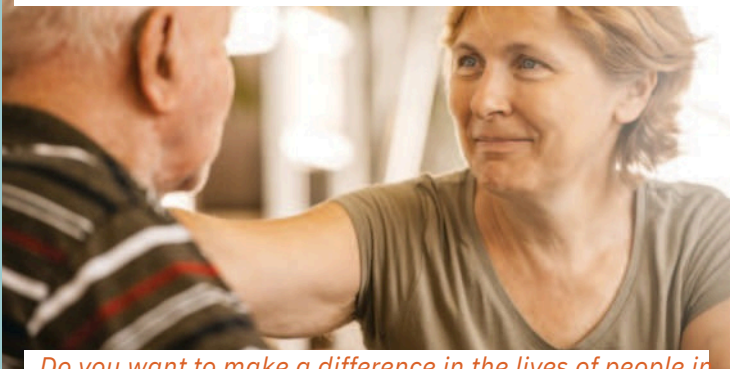
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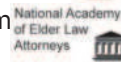
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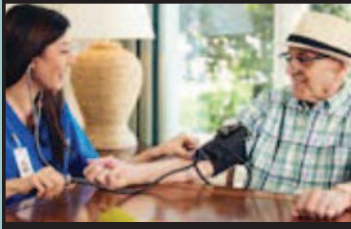
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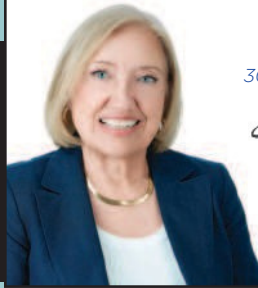
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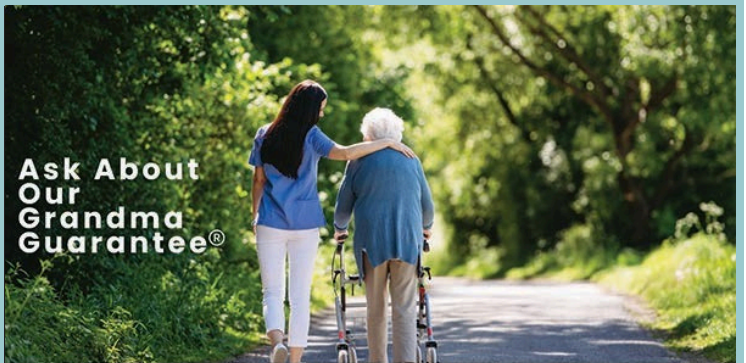
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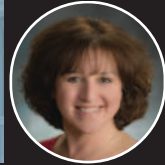


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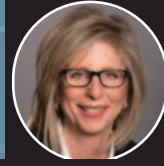


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# THANK YOU VOLUNTEERS! (continued)

## THANK YOU VOLUNTEER FLAG REMOVERS!

Thank you to the individuals and groups who helped us honor our veterans by removing the American flags from the Natick public cemeteries to keep them from being damaged during the winter: **Achieve Program, Geoff Allard, Emily Barron, Lilian Briggs, Natick High School North Star, Sandra Symonds & granddaughter, Tony Terrasi, Deb Valle, Linda Vitagliano, Wendy Ware!**

## VETERANS DAY READINGS

Thank you to the veterans and active reserves who participated in the Veterans Day Reading program with Natick Elementary schools:

David Anderson  
 Capt. Joe Brkic  
 William Callahan  
 Paul Carew  
 Peg Day & David  
 Josselyn  
 Larry Dinnocenzo  
 Warren Griffin  
 Angela Snell  
 Bill Truedell



**Hello,**

As the Holiday season is behind us and the New Year upon us, The Friends Board of Directors hope you have enjoyed all the many blessings to be grateful for. The Friends began their 2026 Membership Drive recently and we thank all Members that have renewed, and are pleased to welcome our new Members. We always have Membership forms in the holder outside of the Friends Office should you choose to join us. Our Board Meetings are the second Tuesday of the month at 1:00 pm at the Center. Drop by and say hello!! We celebrated Winnie Sinclair with cards and flowers as she turned 100 young years this past November!!! Recently, the Friends have happily subsidized wonderful lunches at Keefe Tech and also a very special day trip by Coach Bus to the Salem Cross Inn, West Brookfield held on December 2nd. There, Seniors enjoyed the beautiful holiday décor and wonderful lunch. It was a great day!

The Friends, once again, sponsored the Holiday Lunch held at the Center on December 12th.

Our sincere thanks to our members and those that donate to the Friends, making it possible for us to continue to subsidize or sponsor these events As 2026 is around the corner, the Friends Board will continue to work on behalf on our Seniors, collaborating with the Council on Aging.

Until next time...stay well!

**The Friends Board of Directors**

### 2026 MEMBERSHIP - FRIENDS OF NATICK COMMUNITY-SENIOR CENTER, INC.

Your membership to the Friends of Natick Senior Center, Inc. helps support programs, events and services of the Natick Council on Aging and assists with one-time purchases and scholarships. Mail the completed form and your tax-deductible donation to: **Friends of Natick Community- Senior Center, Inc., 117 East Central Street, Natick, MA 01760 508-647-6540 EXT. 1915.** Please make checks payable to: **Friends of Natick Community-Senior Center, Inc.**

\_\_\_\_\_ \$12 Individual \_\_\_\_\_ Other Amount  
 \_\_\_\_\_ \$25 Family \_\_\_\_\_ New Membership or \_\_\_\_\_ Renewal

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ Zip

Telephone: (h) \_\_\_\_\_ (cell) \_\_\_\_\_

Spouse: \_\_\_\_\_ Birthdate: \_\_\_\_\_

CLEARLY PRINT EMAIL: \_\_\_\_\_